

GC CONTROL

Recipes



OREO CRAVINGS CRUSHER



Mocking: Oreo Sonic Blast

Ingredients:

- 1 scoop [GC Control \(Vanilla or Chocolate\)](#)
- 4 oz Kroger Carbmaster Milk, Fat-Free Fairlife Milk, or [Egg Whites International](#)
- 4 oz Water
- ½ [Lenny & Larry Oreo](#) Protein Cookie, chopped
- Ice

Instructions:

Add all ingredients to a blender. Blend until smooth and creamy.
Enjoy the crunch!

PB PRAISE BLAST



Mocking: Reese's Sonic Blast

Ingredients:

- 1 scoop [GC Control Chocolate](#)
- 4 oz Kroger Carbmaster Milk, Fat-Free Fairlife Milk, or [Egg Whites International](#)
- 4 oz Water
- 1 [HealthSmart Peanut Butter Patty](#), chopped
- Ice

Instructions:

Combine all ingredients in a blender. Blend until thick and smooth.

CHOCO-CRISP CELEBRATION



Mocking: M&M's Sonic Blast

Ingredients:

- 1 scoop [GC Control Vanilla](#)
- 4 oz Kroger Carbmaster Milk, Fat-Free Fairlife Milk, or [Egg Whites International](#)
- 4 oz Water
- 1 small pack [Quest Candy-Coated Chocolates](#) or [Atkins M&Ms](#)
- Ice

Instructions:

Blend all ingredients together until creamy. Add candy on top if desired.

BUTTERFINGERED BLESSING



Mocking: Butterfinger Sonic Blast

Ingredients:

- 1 scoop [GC Control Chocolate](#)
- 4 oz Kroger Carbmaster Milk, Fat-Free Fairlife Milk, or [Egg Whites International](#)
- 4 oz Water
- 1 [Peanut Butter Power Crunch Bar](#)
- Dash of cinnamon (optional)
- Ice

Instructions:

Chop the bar and blend all ingredients until creamy and crunchy.

STRAWBERRY CHEESECAKE REVIVAL



Mocking: Strawberry Cheesecake Sonic Blast

Ingredients:

- 1 scoop [GC Control Vanilla](#)
- 4 oz Kroger Carbmaster Milk, Fat-Free Fairlife Milk, or [Egg Whites International](#)
- 4 oz Water
- 3-4 frozen or fresh strawberries
- Ice

Instructions:

Blend until smooth. Add more strawberries for extra punch.

COOKIE DOUGH DEVOTION



Mocking: Cookie Dough Sonic Blast

Ingredients:

- 1 scoop [GC Control Vanilla](#)
- 4 oz Kroger Carbmaster Milk, Fat-Free Fairlife Milk, or [Egg Whites International](#)
- 4 oz Water
- 1 serving High Protein Cookie Dough
- Dash of vanilla extract
- Ice

Instructions:

Add ingredients to a blender and blend until cookie-dough creamy.

DOUBLE TROUBLE BROWNIE SHAKE



Mocking: Brownie + Cookie Dough Sonic Blast

Ingredients:

- 1 scoop [GC Control Chocolate](#)
- 4 oz Kroger Carbmaster Milk, Fat-Free Fairlife Milk, or [Egg Whites International](#)
- 4 oz Water
- ½ [Quest Brownie](#), chopped
- Ice

Instructions:

Blend until thick and luscious. Top with extra brownie bits if desired.

SALTED CARAMEL PRAISE



Mocking: Salted Caramel Blast

Ingredients:

- 1 scoop [GC Control Vanilla](#)
- 4 oz Kroger Carbmaster Milk, Fat-Free Fairlife Milk, [Egg Whites International](#), Unsweetened Almond Milk, or Water
- 4 oz Water
- Dash of salt
- Splash of sugar-free caramel syrup
- Ice

Instructions:

Blend all until smooth.
Add a pinch more salt for bold flavor.

MOCHA MERCY SHAKE



Mocking: Mocha Sonic Blast

Ingredients:

- 1 scoop [GC Control Chocolate](#)
- 4 oz Kroger Carbmaster Milk, Fat-Free Fairlife Milk, [Egg Whites International](#), Unsweetened Almond Milk, or Water
- 4 oz cold brewed coffee
- 1 tsp unsweetened cocoa powder
- Ice

Instructions:

Blend until creamy mocha perfection.
Great for mornings!

ALMOND JOYFUL



Mocking: Almond Joy Candy Bar

Ingredients:

- 1 scoop [GC Control Chocolate or Vanilla](#)
- 4 oz Kroger Carbmater Milk, Fat-Free Fairlife Milk, [Egg Whites International](#), Unsweetened Almond Milk, or Water
- 4 oz Water
- 1 tsp unsweetened shredded coconut
- 1 drop almond extract
- Ice

Instructions:

Blend until creamy.

Optional: toast coconut for deeper flavor.

SNICKERDOODLE REVIVAL



Mocking: Snickerdoodle Cookie

Ingredients:

- 1 scoop [GC Control Vanilla](#)
- 4 oz Kroger Carbmaster Milk, Fat-Free Fairlife Milk, [Egg Whites International](#), Unsweetened Almond Milk, or Water
- 4 oz Water
- 1 tsp cinnamon
- ½ tsp vanilla extract
- Dash of monk fruit sweetener (optional)
- Ice

Instructions:

Blend all ingredients until smooth. Sprinkle extra cinnamon on top!

COCONUT CREAM FAITH SHAKE



Mocking: Coconut Cream Pie

Ingredients:

- 1 scoop [GC Control Vanilla](#)
- 4 oz Kroger Carbmaster Milk, Fat-Free Fairlife Milk, [Egg Whites International](#), Unsweetened Almond Milk, or Water
- 4 oz Water
- 1 tbsp unsweetened coconut flakes
- Splash of coconut extract
- Ice

Instructions:

Blend all together until rich and creamy.
Garnish with extra coconut if desired.

BANANA BREAD BLESSING



Mocking: Banana Nut Bread

Ingredients:

- 1 scoop [GC Control Vanilla](#)
- 4 oz Kroger Carbmaster Milk, Fat-Free Fairlife Milk, [Egg Whites International](#), Unsweetened Almond Milk, or Water
- 4 oz Water
- 1 tbsp mashed banana or banana extract
- Dash of cinnamon and nutmeg
- Ice

Instructions:

Blend until smooth. Add a few chopped walnuts for crunch (optional).

CHOCOLATE COVERED STRAWBERRY SHAKE



Mocking: Chocolate-Strawberry Blast

Ingredients:

- 1 scoop [GC Control Chocolate](#)
- 4 oz Kroger Carbmaster Milk, Fat-Free Fairlife Milk, [Egg Whites International](#), Unsweetened Almond Milk, or Water
- 4 oz Water
- 3 frozen strawberries
- Ice

Instructions:

Blend until thick and frosty. A true sweet-and-tart classic.

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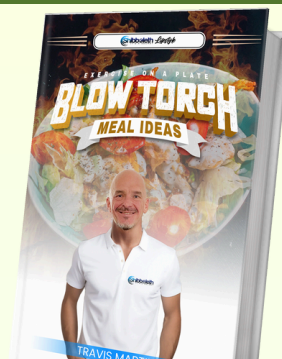
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